

Aboriginal Cancer Care Program



December 2014
Newsletter

Issue 1



Aboriginal Cancer Awareness Training

On November 17 and 18, 2014 the Aboriginal Cancer Care program hosted its semi-annual Aboriginal Cancer Awareness training, in partnership with several cancer agencies, a traditional elder and a Metis cancer survivor. The up to date cancer information that presented was also very informative and participants expressed how much they learned about cancer, prevention and screening from the various presenters. Mr. Len Gross from the Prostate Cancer Foundation of B.C. gave an educational talk about prostate cancer; Angela Wright from InspireHealth Integrative Cancer Care talked about the importance of nutrition in our daily lives; Devon French, a First Nations yoga instructor, enlightened our group about gentle stretching and yoga for the para-sympathetic nervous system and how important it is to remain in the para-sympathetic nervous system for optimal health. Other presenters included: BC Cancer Agency oncologist Dr. Diego Villa, Dr. Lee Brown – Principles of Traditional Healing; the Breast Cancer Foundation and Metis elder Aline LaFlamme. We also screened the video of the Aboriginal Cancer Care Photo Voice Project that was held in June 2014. The next Aboriginal Cancer Awareness training will be held in June 2015 and you can contact the co-ordinator, Cheryl Sacco to register now.



Angela Wright, Nutritionist for InspireHealth presenting at Aboriginal Cancer Awareness Training on the importance of healthy nutrition to prevent the re-occurrence of cancer.

Healthy Kitchen

The December 10, 2014 Healthy Kitchen was another huge success where the group prepared a traditional festive meal of turkey with all of the fixings. Each month the ACCP will be hosting a Healthy Kitchen on the second Wednesday of every month with the next one being held on January 14, 2015. This project brings together Aboriginal people on a cancer journey, their loved ones and support systems, to discuss the importance of nutrition in cancer prevention and re-occurrence of cancer while enjoying the experience of cooking a meal together with the aim of bringing home food from the meal and cooking these foods at home.



Cooks at the ACCP's Healthy Kitchen December 10, 2014.





Upcoming Events



Healthy Kitchens

Date: January 14, 2015
Location: Vancouver Native Health Society
449 East Hastings Street (2nd Floor)
Time: 10am-2pm

Screening Launch

Aboriginal Photo Voice Project-Video "The Space In Between"

Date: TBA-End of January 2015
An artistic and powerful video project. It features the stories of Aboriginal people on a cancer journey and their families.

Talking & Healing Circle

We will be offering monthly circles of support for Aboriginal people on a cancer journey, their families and loved ones.

Contact Us:

For more information or to register for any of these events please contact:
Cheryl Sacco, ACCP Coordinator
(604) 254-9949 X248
Email: canceraware@vnhs.net
Vancouver Native Health Society
449 East Hastings Street
Vancouver BC V6A 1P5

Wellness Walks

The VIP program is having a one hour wellness walk every Tuesday starting in January 6th until the Vancouver Sun Run on April 19th, 2015.

Meet on Tuesdays in front of the clinic at
12:30pm
Address:
Vancouver Native Health Society
449 East Hastings Street, Vancouver
For more information contact:
Leah SInal **(604) 254-9949 X232**

Yoga



Yoga with our favorite First Nations Yoga Instructor Devon French. We start at the beginning levels of Yoga, Hatha. Hatha Yoga focuses on breathing and stretching at your own comfort level. You are guaranteed to leave feeling relaxed and soothed.



Aboriginal Cancer Care Program & Follow us on  @VNHS_CancerCare